

HEY GIRLS!

Strong bones need calcium and physical activity.

Great tasting foods with calcium. Add the calcium to arrive at the
Daily Total Goal = 1300 milligrams (mg) = 130% DV.*
 Choose fat-free or low-fat versions of these foods.

FOOD	PORTION	CALCIUM	
		mg	DV%
Plain, fat-free yogurt	1 cup	450	45
Grilled cheese sandwich**	1 sandwich	371	40
Yellow cheese ("American")	2 ounces	348	35
Ricotta cheese, part skim	1/2 cup	337	35
Fruit yogurt	1 cup	315	30
Cheddar cheese	1 1/2 ounces	305	30
Milk (fat-free or low-fat)	1 cup	300	30
Orange juice with calcium	1 cup	300	30
Soy beverage with calcium	1 cup	250-300	25-30
Mozzarella cheese, part skim, low moisture	1 ounce	207	20
Tofu (with calcium sulfate on ingredient list)	1/2 cup	204	20
Macaroni and cheese	1/2 cup	180	20
Corn tortilla, baked	1 medium	42	4
Cheese pizza	1 slice	111-147	11-15
Frozen yogurt (low-fat or fat-free)	1/2 cup	105	10
Ice cream	1/2 cup	84	8
Almonds, dry roasted	1 ounce	71	8
White bread	2 slices	70	8

Calcium content varies depending on ingredients for many foods.

* Daily value ("Daily Value" or "DV") used on food labels is based on 1,000 milligrams (mg).

Label values are rounded.

** Using 2 slices of white bread, 1 1/2 oz. cheese, nonstick cooking spray.

Sources: American Dietetic Association's *Complete Food and Nutrition Guide*, by Roberta Larson Dyff, Chronimed Publishing, 1996; *Bowes and Church's Food Values of Portions Commonly Used*, revised by Jean A.T. Pennington, Lippincott-Raven Publishers, 1998; USDA Nutrient Database for Standard Reference (Release 14, 2001).

There are lots of ways to be physically active every day.
 Just use your imagination and have fun!

Here are some more ideas:

Volleyball

Hopscotch

Baseball/Softball

Gymnastics

Judo

Karate

Weightlifting

Bowling

Lacrosse

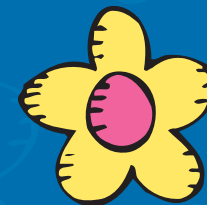
Tae Kwon Do

Pushups

Badminton

Dancing

Soccer

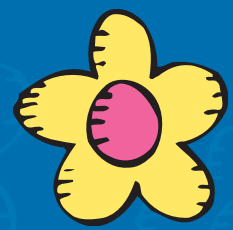
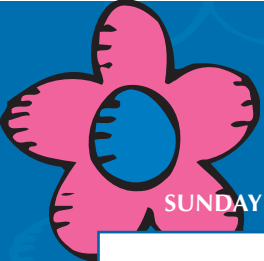


Powerful Bones. Powerful Girls.

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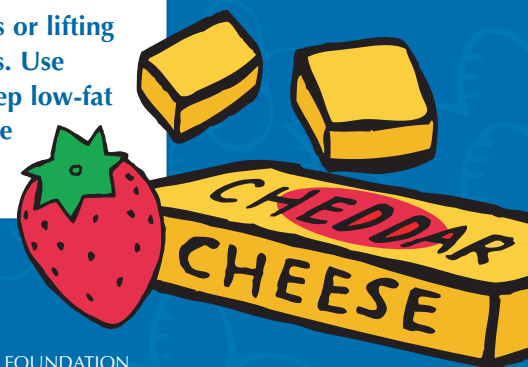
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JANUARY 2007

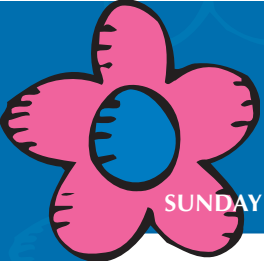
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	Too cold to be outdoors? Try doing pushups or lifting weights in your house to build strong bones. Use cans of soup if you don't have weights. Keep low-fat cheddar cheese cubes in the fridge and have them with fruit for a quick snack.		



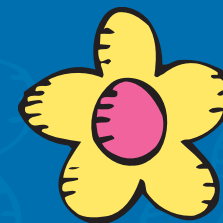
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FEBRUARY 2007



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

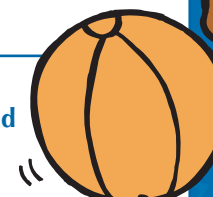
FRIDAY

SATURDAY



In the mood to "wrap?" Invite your friends over for food and fun – make your own tortillas filled with refried beans, low-fat shredded cheese, broccoli, or bok choy and cover with salsa. Now that's a southwestern treat!

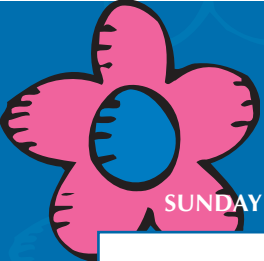
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25	26	27	28	Winter = basketball season. Grab a ball and shoot some hoops with your friends.		



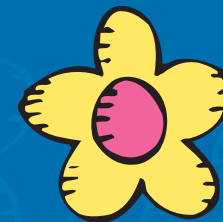
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MARCH 2007



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Bring March in like a lion – sign up for gymnastics or tae kwon do classes at your local gym. Make new friends and build strong bones.

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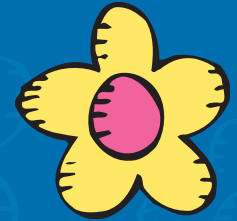
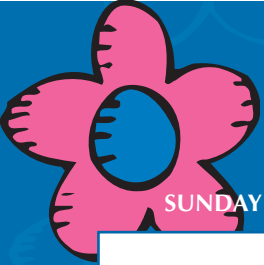



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APRIL 2007



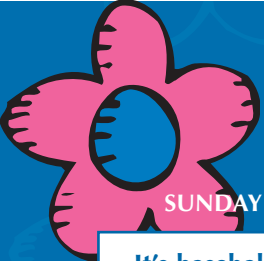
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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29	30	 <p>Try mixing fruit or cereal with added calcium into yogurt for a new taste. Raining outside? Go bowling with friends. There's food, fun, friends, and physical activity!</p>				



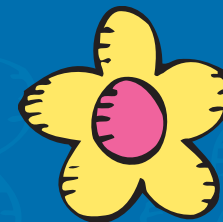
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MAY 2007



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
It's baseball and softball season again – grab a glove, bat, and ball and head for the field. These are great ways to build strong bones and get outdoors.		1	2	3	4	5
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27	28	29	30	31		



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JUNE 2007

SUNDAY

MONDAY

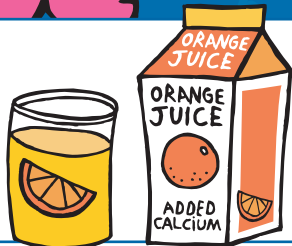
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



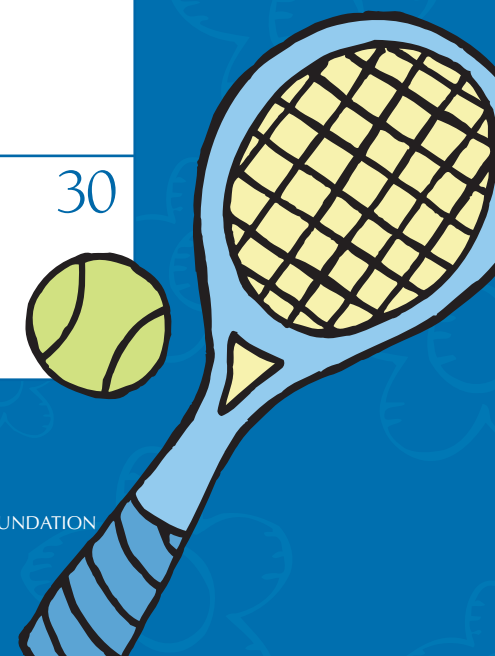
On those hot summer days, finish up your match with a cool glass of fruit juice with added calcium. Summer is here. Hit the court with a friend because tennis is a fun way to keep your bones healthy and strong!

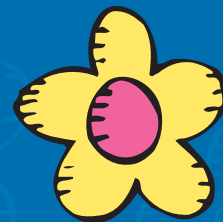
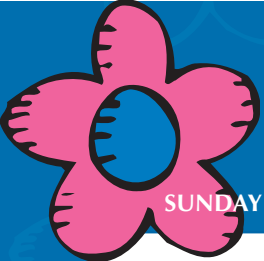
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JULY 2007

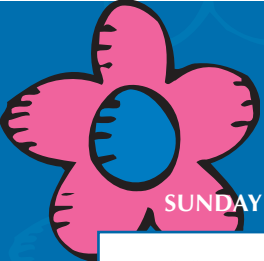
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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22	23	24	25	26	27	28
29	30	31	 <p>On the go? Grab a slice of cheese pizza to get some needed calcium. 1-2-3-4-5, I want to be the fittest girl alive! Jumping rope and playing frisbee are both great ways to strengthen your bones and your heart.</p>			



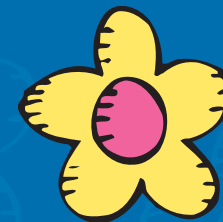
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AUGUST 2007



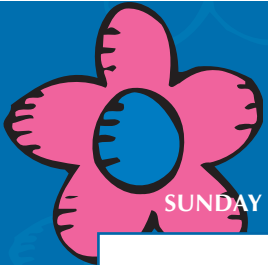
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cool down with a very berry smoothie. Just put low-fat or fat-free milk, fresh or frozen raspberries or strawberries, and honey into a blender* for a bone-building treat. <i>*Remember to get your parents' OK.</i>			1	2	3	4
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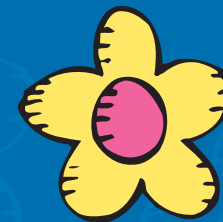
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SEPTEMBER 2007



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Need a power-packed breakfast on the go? Reach for a cereal bar with added calcium or a glass of low-fat or fat-free milk with chocolate or strawberry flavor for an added kick.

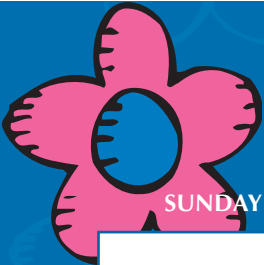
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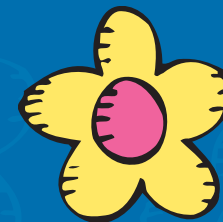
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OCTOBER 2007



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	Enjoy autumn's colors. Hit the trail for a scenic hike, and don't forget a snack. Add cereal with added calcium to dried fruit for a calcium punch!		

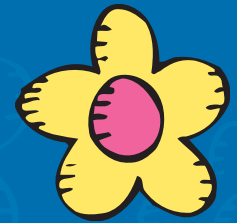
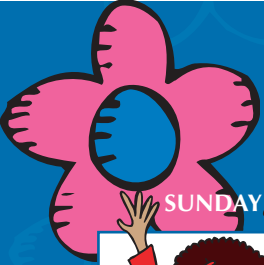



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NOVEMBER 2007

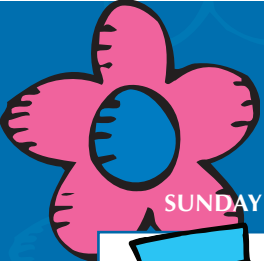


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div><p>Warm up for the school dance. Turn up your favorite tunes at home and dance. It's fun and good for your bones.</p></div>				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
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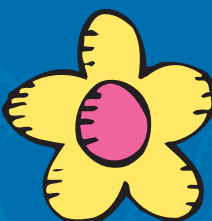
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DECEMBER 2007



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 1	Mix up mugs of hot chocolate made with low-fat or fat-free milk to warm those chilly winter nights.					1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					



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